

A PLEA FOR THE LIVES OF THE UNBORN

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A plea for the lives of the unborn divides itself at once into a plea for better development of prospective parents, a plea for more rigid methods aiming to protect the prospective parents from destruction or parylization, both from within and without,—a plea for a higher regard for motherhood by both sexes and a better support of maternal care by fatherhood,—a plea for more marked regard for that which destroys the possibility of conception, as well as that which destroys life after conception has taken place. This consideration, when taken further, becomes a plea for the morals, for the life, for the very soul of the race of man.

Obviously, in this meeting, where a professional consideration is required, we propose to restrict our discussion. For convenience, let us discuss the lives of the unborn with reference to the ages of the prospective and possible parents.

Let us begin with our subject between puberty and the marriageable age. According to public opinion, at this age the prospective parent should be kept in utter darkness as regards this most important consideration. At school, children study every other thing both valuable and unimportant but very seldom do they hear a word relating to the care of the sex. The direct result is utter ignorance and consequent waste of that power which is of all things most important.

We believe there should be a thorough course in sexology in all of the higher schools. The doctor who sees the im-

portance of such a course should do more to urge it upon the various school boards. Several cities have tried this idea out and for the most part pronounced it a failure and it has been and will be a failure when teachers for such a subject are poorly selected.

The boys and girls should be taught among many other things, that a very large majority of those who indulge in sexual intercourse, especially between puberty and the marriageable age are diseased. They should be taught that the first element of attraction should be health, and in this day, when disease is so flourishing, all should be regarded as diseased until proven otherwise. The idea of health certificates before marriage is certainly not a bad one.

At this age, and certainly early in marriage, men should be taught the common mechanism of the so-called idiopathic sterility. Men should know that the making and mixing of the semen within the seminal glands is not unlike the making and mixing of mortar in the mechanical mixers commonly seen on the street works.

They should thoroughly understand that the glands that make and mix the semen are by far the most delicate parts of the human system. They should be acquainted with the three sets of glands there, and know that when gland A has finished its product, that product should travel into gland B and after gland B has finished with it, it should go into C, and from C where it is completed, it continues through the vas into the seminal vesicle.

In order to understand the mechanism of idiopathic sterility, they should

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be taught that several hours are required for each set of glands to complete its work, and consequently at least three times several hours should elapse between the sexual act.

They should understand thoroughly that the ducts of gland A normally empty into B, and those of B normally empty into C, and that C and C only empties into the vas, which leads to the seminal vesicle. Certainly they should understand that with every sexual act, or every ejaculation, from whatever cause, some of the glands, both A and B, and occasionally C, rupture directly into the vas. Very few are ruptured if the vesicle is full, but if it is empty, because of the strain on the little organs there to get material for ejaculation, many are ruptured. The ruptured parts in a manner heal, forming artificial ducts, and from that time on, the contents of ruptured A for example, instead of going through B and C and being completed, travel directly into the vesicle and there form the required bulk, but in quality is not sufficient.

A thorough understanding of the mechanism of sterility will show the boy that by "running" alone, whether he runs up against disease or not, he can soon lose all power to beget. So many married men cannot understand why they stop with one child. A thorough understanding of the mechanism of sterility will remove the wonder of this on the man's part.

Not only every professional man, but every man should be on intimate terms with recognized works on sexology. We should urge that they be put in high Schools. If the school boards are indifferent, the doctor should instruct men at other places where men can be gathered together.

Sterility that has its origin in disease

is understood and need not be dealt with here. Suffice it to say, that despite all theory regarding idiopathic sterility, most sterility is still due to destruction of the seminal glands, or obstruction or occlusion of their ducts, or changes in the blood, all by and due to disease. For this reason, we cannot too much emphasize prophylaxis.

Referring to the female in the "wild oats" stage, we read with great interest a lecture by Ella W. Wilcox to women of Chicago. She emphasized the ease with which men and women alike threw themselves away, the utter disregard for future children by both sexes. But the most radical statement in all of her lecture was that no man, and certainly no woman, should indulge in the sexual act, unless his object was the having of an offspring. A statement, when put up against the facts in the case, that is most startling. A statement with which we may be able to agree, now that we are older and married, but which certainly should have met with our hearty disapproval in earlier years. But, withal, a statement which merits a more serious consideration.

The theory regarding the vaginal secretions of certain otherwise normal women, how that they are deadly to both the ovum and spermatozoa,—and consequently make impossible the union of the germ cell,—is well known to all of us, and in this meeting should only be mentioned in passing. Fallopian tubes and other parts of the tract that have to do with gestation, are often malformed, occluded or immature. These all go down as causes of sterility.

We mention sterility because we feel that no discussion of the welfare of the future child is in part complete without a mention of this subject.

Keeping in mind the welfare of the

unborn child, let us come now to the married state. Right here is a great amount of work needed. Here public opinion needs rebuilding. Here is the great danger to a race. Not only is there an utter disregard for the future child, not only is there not enough love for the child, but too often there is actual hatred on the part of married people, for the child that is unborn. This naturally leads to a dislike for the child after it is born, which dislike often follows it throughout life.

What physician has not been requested by legitimately married patients to suppress normal conception. What physician has not been urged to perform the abortion.

Public opinion on this point is just what it should not be, and the Doctor should start the work of changing it. We have heard intelligent people, we have heard a few physicians say, that the problem was not how to have children, but to keep from having them.

A thing was never more wrong. With all living things, the great problem is, and ever will be, how to perpetuate life. This is the meaning of nature. This is the one great reason for maturity. Take away this as the primary object of life, and in a few years we have a dead world.

The physician should be the staunchest friend of the child that is yet to be. Most often, he is, too often, he is not. When he is not, if he is not now, too often he degenerates into the abortionist or the eugenicist,—and with all its good sides, the present working understanding of Eugenics as laid down by Francis Gilton and as practiced daily among us,—makes Eugenics our deadliest enemy.

But let us not hasten. Go back for a time to the abortionist. The greatest enemy to society, the greatest criminal

on earth today, the paid executioner of the helpless child. If we make no mention of the abortionist, we have made no plea for the lives of the unborn. There are many abortionists posing as reputable physicians, there are many abortionists who profess nothing but the knowledge of the abortion. Whoever he is, and wherever he or she may be, he should be marked. The laws are too lax along this line. This body should enter a protest to the city and State law making bodies, regarding the laxity of such laws.

Let us deviate long enough to say, that in regards to the midwife, the physician should protest, cry out, and continue to cry out, until all midwives are driven out, for they are a dangerous foe to the unborn.

They usually mean well, but in their ignorance, they often cause death, or mar the infant at its beginning of life.

We referred to the present day practice of Eugenics. Let us see what relation it has to our subject. Eugenics has been defined as "That science which deals with influences that improve the unborn qualities of the race." In other words, it is that science which tends to improve mankind by breeding better children.

When properly applied, there is no higher calling in the field of medicine. But to you, and for me, as practiced here today, it means death,—unless we are awakened and then do our part to awaken those for whom we should be responsible.

In 1909 and 1910, a prominent physician of this city read a series of papers in this country and in Canada on Eugenics. They were so widely published and discussed, that, as has been said, they amounted to a call to the profession, requesting the Doctor that, in the name of Eugenics, under its protection

and for the good of the race, he (the Doctor) should pick out the racially superior for parenthood, and suppress parenthood in the racially unworthy. We have made it our business to convince ourselves that the Doctor who issued this call, if you please, meant nothing but the very best to all men. His idea was to weed out the diseased and especially the mentally weak of mankind so far as to prevent them from begetting their kind. But his intentions have been grossly miscarried.

Cranks, in this country especially, have spread it that in the name of Eugenics and for the betterment of the race, the Negro in America should be silently wiped out.

The consequences are that in most of the big hospitals and institutions of this country, surgical and x-ray sterilization is a common practice where the Negro is the subject. Every Doctor has seen any number of women fall victims to surgical sterilization, and fall when there was neither necessity nor excuse. But fall, nevertheless, and too often they were willing victims.

The men and women who escape surgery are often taken to the x-ray room just for the purpose of having electrically killed that within them which creates life. The Doctors in charge, do these things with a clear conscience for this is considered proper eugenic procedure.

The subjects are willing victims. This is too well known to the profession to require further argument.

There is hardly a family where children are possible, where the parents have not worked either to get rid of unborn child, or to prevent conception. This needs no further emphasis than to say that there are some 700 abortions and miscarriages, and perhaps thousands of intentional misconceptions, to

every single natural birth. A fearful waste of life.

The importance of heredity and environment is well understood here. Scientific selection in breeding animals has proved its value beyond refutation. Our argument here must not be misunderstood to be an argument for great numbers of children. Nor do we believe in the breeding of the unfit by the unfit. We also mark that while the birth-rate of the world is decreasing, the population of the world is on the increase. The best argument possible for better children and a better care of the few we have.

But men, the law of Eugenics, the question of who shall marry and who shall have children, must be squarely applied.

We have mentioned disease as a menace to the unborn. I think we have said that most sterility and impotency comes from disease. All parents, as well as prospective parents, should be acquainted with its wide spread. All parents should know that 96 out of every 100 city boys between the ages of 18 and 28, marriageable men, either have or have had some communicable disease. That perhaps 60 girls out of every 100 are likewise affected. They should know these facts that they may intelligently instruct their children. Because these diseases not only destroy the victims, but also, and of far greater importance, destroy within them their children before conception, if you will permit the expression.

We say that these people should know these facts, and who should teach them? Gentlemen, in our opinion, under the existing circumstances, that responsibility falls upon our shoulders. We feel that this body should not only meet, resolute, feast, and adjourn, but should reach outside the meeting place

and do some much needed work. In view of the great ignorance of the public, and especially our public, we feel that this body could profitably supervise a movement for the general enlightenment, especially of the marriageable and the newly married.

Mothers should be taught, that they may the better care for themselves both before and during pregnancy, and after the birth. They should know the importance of proper food and exercise, that their children may be strong. They should know the importance of keeping all organs in good working condition. They should know that certain mental states actually hamper the unborn child. They should know that through their blood must be thrown off, not only the usual amount of poison, but also the feces and urine of the foetus after certain periods.

More men should know, and know earlier in life, that they may not only weaken their general resistance, but may cause complete sterility, by over-indulgence. They should be acquainted with the destructive effects of disease, and early acquainted that they may preserve themselves. For if he is worthy of parenthood, the childless man, of all men, is most to be pitied.

They should know these things that are to us so simple, but they do not know. You would be surprised to know for instance how few of the laity realize that S. I. is absolutely prohibited after the fourth month of pregnancy. The few that know that this not only deadens the appetite, and permanently lessens the enjoyment and the novelty of the S. A. on the part of both and especially the female, do not know that after this time, the foetus is unfavorably affected.

We know that as a matter of fact, there should be no indulgence after

pregnancy. But "civilization" has carried man far away from this law of nature, which is so closely observed by the less civilized of animals.

The profession now feels that this lack of judgment is indirectly the cause of most of our divorces. We observe that the participants lose appetite if the S. A. is poorly timed. This should be modified. They seem to lose appetite for each other but not necessarily for outsiders. Kaminar by statistics and statements of affected parties, has pretty well established this point. The natural sequence is that the greater attraction is soon found to be on the outside. The result is a divorce; the cause, a lack of judgment due to ignorance.

It is also known that the improper handling of the uterus during this stage of physiological congestion, is conducive to disease of that particular organ.

We readily see that a stand for the lives of the unborn, necessarily becomes a stand against the divorce evil, a stand for an early and long continued married state with less disease.

We will barely stop to mention lead poisoning and alcoholism. It is said that lead and alcohol are responsible for many of the mentally weak, and for most of the physically deformed. Much more should be said on this point, but our discussion is already too long.

Dancing should also be touched. It is said that this habit causes thousands of miscarriages yearly. That it prevents the meeting of the ovum and spermatozoa and that it often prevents the germ cell, after the union has taken place, from catching the necessary hold on the uterine wall. Many a dancer is said to miscarry regularly every month with monthly catimonia.

Every one who has given thought to

the betterment of the child's condition, both before and after birth, is forced to admit that there is a limit to the number of children that many a family should have. A few well bred and well educated children would mean more to the race. But this is no argument in favor of the abortion, nor is it an argument in favor of the so-called Eugenics as practised here today.

And what of the so-called Eugenics that faces us? We positively should meet this situation squarely. We should inform the public of this menace to the very life of men, that is so clear to us.

We owe it to our people to keep them out of some of these places. We should instruct them, that if they must go into them, they should go under the careful watch of a friendly physician. Finally, the development of competent surgeons and the handling of our own cases must settle this issue.

This discussion has of necessity been a departure from the regular procedure. We have been compelled to generalize, because of the breadth of the field. Any Doctor could have spent the night on any one of the several phases of our consideration.

We should thank you for your patience and perfect attention and conclude with a plea for the lives of the unborn, that they be saved from death before conception takes place; that they be saved from death as a result of carelessness and a lack of love on the part of parents; that they be saved from the hand of the executioner, the abortionist; that they be saved from poisoning while within the uterus, which comes from disease, improper exercise, improper food, alcohol and lead; that they be saved from the great enemy that has come and is still coming; under the name of the most fair Eugenics.

Responsibility in this vital matter properly rests upon you.

THE DOCTOR'S CLOTHES

No one will find fault with the doctor for appearing neat and clean of person with his apparel always looking presentable. On the other hand, the doctor who is careless of his clothing should be directed along conservative lines and should present nothing loud or striking. Men's clothing is one thing that has not advanced in price perceptibly in recent years. The care of the clothing is an all-important matter. To this end the man who can

afford two or three suits at the same time will find that such is really economy, as it gives him an opportunity to get those not in use pressed, cleaned and always ready for service. The doctor's clothes are peculiarly subject to spots and stains. The sooner these are removed, the easier it will be on the fabric. Spots and stains are professional earmarks that are no recommendation to even the humble feminine clientele. The average woman can see a grease spot farther than a man can see a red necktie.—The Medical Summary.